

## 5 A Day Recipes

### Soups and Stews

#### Deep Days of Summer Gazpacho

**Serves 6**

- 4 cups low sodium tomato juice
- 1 small, minced onion
- 2 cups freshly diced tomatoes
- 1 cup minced green pepper
- 1 teaspoon honey
- 1 clove crushed garlic
- 1 diced cucumber
- 2 scallions, chopped
- Juice of ½ lemon and 1 lime
- 2½ tablespoons balsamic vinegar
- Dash of cumin
- ½ cup freshly chopped parsley
- Dash of hot pepper sauce
- 1 tablespoon olive oil
- Salt and pepper to taste

Combine all ingredients and chill for at least two hours. This soup can also be blended, if desired.

This is an official 5 A Day recipe, and provides six people with about 2½ servings of vegetables each.

#### **Nutritional Analysis**

Calories: 85

Fat: 3 g

Cholesterol: 0 mg

Fiber: 3 g

Sodium: 29